

Tellington TTouch-for-You® Online

Bonus Q & A

Class Chat

June 9, 2020 of Q & A

- 12:02:24 From Lois : Lois Kohlmeyer
- 12:02:59 From Linda : I don't know how to change my name. Please put full name - Linda Claire. Thanks.
- 12:03:04 From Maureen Murphy : Hi Everyone ! Maureen from NJ here! I've been in this program since February!
- 12:04:18 From donna shugrue : Hi from Donna Shugrue in Massachusetts
- 12:04:48 From Lyn Caswell : Lyn from Grafton, Ontario, Canada. New to TTouch. Saw Linda's presentation at the Feldenkrais Summit.
- 12:05:04 From Lois Kohlmeyer : hi, Lois Kohlmeyer from Mesa, AZ
- 12:05:47 From Valentina : hi and love to all from Valentina in Montrose Colorado-xoxoxo
- 12:06:27 From Catherine Seale : Christoph is here for a bit. <he is healing from concussion
- 12:06:34 From Debby Potts : Hello from Debby Potts in Newberg, Oregon
- 12:07:32 From Juel Duke : Juel Duke from Norlina, NC
- 12:07:32 From Elizabeth McCall : Elizabeth McCall in Los Angeles
- 12:07:34 From sarah : Sarah Hauser nyc
- 12:07:39 From Denise Müller : Hi this is Denise Müller from Munich Germany
- 12:07:39 From Rachel Novak : Rachel Novak from Ft Worth, TX USA
- 12:07:41 From flo randall zerangue : hugs to all flo randall z. from soCal
- 12:07:43 From Shannon Weil : Good morning all, Shannon Yewell Weil from Cool, California. Author of the book, Strike A Long Trot Legendary Horsewoman Linda Tellington-Jones - the story covers 40 years of Linda's incredible life.
- 12:07:44 From Eleanor Chan : Eleanor from Toronto, Canada
- 12:07:47 From Maria Zandstra : Hi everyone, Maria from France.
- 12:07:57 From ruth evans : Ruth Evans Pembrokeshire WalesUK

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- 12:08:03 From Catherine Seale : Catherine Seale and Christoph says hi from Devon Alberta
- 12:08:05 From Teresa Cottarelli-Guenther : Hi from Teresa from Switzerland
- 12:08:28 From Linda : wrote my full name a couple minutes ago -- Linda Claire. I'm in Irvine, CA. Kirsten, pleas change on the screen because I'm not tech-savvy! Thanks.
- 12:08:40 From Liz Thompson : Hello everyone Liz Thompson from London here sending heart hugs to all
- 12:10:39 From Barb Grout: Bruce,Wi : Barb Grout, Bruce,Wi
- 12:33:02 From Shannon Yewell Weil : I'm sorry
- 12:34:45 From Shannon Yewell Weil : I'm sorry, Please forgive me, I love you, Thank you.
- 12:36:52 From Sarah Hauser : what is the name of the pain patch you can put in your shoe?
- 12:37:12 From Debby Potts : Lifewave
- 12:38:00 From Maureen Murphy : I have bone spurs on both heels and plantar fasciitis. Painful!
- 12:38:43 From pambeets : It was new to me to hear the ah! moment for contact, then to lessen the pressure .
- 12:39:21 From Catherine Seale : That was great on Sunday in the forest my feet were grey. So this was just what my feet needed.
- 12:42:04 From pambeets : I had an ankle and tendon reconstruction about a year ago and TT with my foot, ankle and leg has helped to re connect my foot and ankle. Kinesio tape and TT wraps also helped when it was sore to walk in balance
- 12:43:16 From Sage Lewis : Sage here - I'm going to be helping with the chat for the next hour.....Thank you, Pam. Can you share which TTouches were the most helpful and also pressures? Where you put the wraps?
- 12:50:59 From Catherine Seale : Hi Sage glad you are here thank you
- 12:51:29 From pambeets : I wrapped so I had something on the bottom of my foot/arch and around my ankle ; crossed across my toes to arch; toes to inside of my ankle. TT : python lifts: toes, around incision and place there was swelling. Especially outside toes as they were pretty numb. Lots of raccoon touch
- 12:51:42 From pambeets : 1-3 pressures

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- 12:52:06 From Sarah Hauser : after the lift of coiled python, are u releasing down slowly or just walk w fingers to the next location?
- 12:57:48 From Teresa Cottarelli-Guenther : This was the first time I made oponopono for my left food, after 21 years after hip replace surgery the hurt my ischiac nerv which make me problems on the food, my food is sensoryally disturbed which is painful and sometime I have problems walking. So talking finally to the poor cells of my left food was like put the light on Tank you Linda
- 12:59:05 From Sage Lewis : Thank you, Pam and Teresa.
- 13:04:16 From Sarah Hauser : doing very light tts under my arch put me n touch with a very deep exhaustion - mental and physical.
- 13:11:51 From Catherine Seale : My neck also feels way better too
- 13:12:12 From Catherine Seale : just from dong ttouch on my feet and legs
- 13:12:26 From Catherine Seale : all connected
- 13:17:16 From Shannon Yewell Weil : Love Is Letting Go of Fear, Third Edition Paperback – December 28, 2010 by Gerald G. Jampolsky MD
- 13:18:44 From Catherine Seale : I am reminded of a story of a woman who was unhappy with her weight and she tried lots of ways to loose it. <nothing worked. When she met someone who loves larger women then she started loosong with no effort
- 13:19:45 From Barb Grout: Bruce,Wi : that's a lovely story
- 13:31:30 From Mary Ann Pets & People Energy Medicine : this reminds me of the story where u worked on one cub while imagining the other cubs...they weren't nursing and after your work, they started nursing
- 13:34:46 From Sage Lewis : Shannon, Debby, Kirsten....I have to head out for today. Heart Hugs to everyone!!
- 13:34:51 From Catherine Seale : Do you still do the Jelly Fish Giggle?
- 13:36:46 From pambeets : Oh my gosh! I do that too! Must have seen you and Robyn use that so many times
- 13:37:44 From Shannon Yewell Weil : THANKS Sage.
- 13:40:44 From Debby Potts : I'm working with a Zoom client soon, I'll see you next time!
- 13:41:03 From Shannon Yewell Weil : Thanks Debby

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- 13:43:07 From Nancy Randall : I need to leave this fascinating call. Next week I'll be back. Thank you all!
- 13:43:20 From Nancy Randall : Nancy Randall wrote that
- 13:45:28 From Shannon Yewell Weil : I like to do the Jelly Fish Giggle on a fidgety horse's muzzle.
- 13:46:20 From ruth evans : Thanks Shannon never thought of using it there but have a horse I will try this on tomorrow x
- 13:47:34 From Elizabeth McCall : I can see it. Very funny. Didn't know a real cat (white one)
- 13:47:44 From Kirsten to Denise Müller (Privately) : Oh das ist super!!!! Du hast total recht füttern moechte ich das alles nicht...
- 13:47:48 From pambeets : LOL!
- 13:47:50 From Shannon Yewell Weil : Ruth, just have fun with it, your horse will be quite amused.
- 13:48:09 From pambeets : Shannon - love jelly fish GIGGLE, it is isn't it
- 13:48:12 From Catherine Seale : I do to it just came to me when Sarah mentioned she had a hard spot. i started to do it very lightly One pressure with imaginging you know how when you stand on wet sand and giggly is becomes lik liquid . it was interesting. only one or two times at a time subtly
- 13:48:48 From Shannon Yewell Weil : Pam... a TYPO that works.
- 13:49:59 From pambeets : :)
- 13:54:03 From Juel Duke : Elizabeth McCall, you may want to also try an astrocartography reading. It's tied with astrology and helps you pinpoint places that would be good or perhaps not good to move. Darrellsteenastrology.com is one person who does the work and has done several for me.
- 14:10:12 From Susanne Peschel : It's getting late here and the dogs need to get out. See you next week.
- 14:19:51 From Shannon Yewell Weil : Heart to Heart, Cell to Cell, Soul to Soul
- 14:20:19 From Alpha Harper to Kirsten (Privately) : can your arm equal your leg the same way?
- 14:23:31 From Alpha Harper to Kirsten (Privately) : can t-touch brighten one'outlook on life

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- 14:31:26 From Shannon Yewell Weil : Love Is Letting Go of Fear, Third Edition Paperback – December 28, 2010 by Gerald G. Jampolsky MD (Author), Jack Keeler
- 14:45:30 From Juel Duke : I need to go. Thank you, all and see you next week.
- 14:49:54 From Joy Morris : Do you have any suggestions for helping people who get irritated by doing Ttouch on themselves? Even heart hug and especially the body blessing?? Thank you and no problem if no time to answer!
- 14:51:57 From Valentina Lert : oh gosh, I've got to bounce--love and heart hugs to all, Tschuss and Salut! Xoxoxo
- 14:52:24 From Catherine Seale : Heart hug to you Valentina
- 14:54:03 From Catherine Seale : Joy Sage has a great story of her work with the people
- 15:00:56 From Pam Beets : Thank you Linda, that is a good reminder. I'm a such a caregiver and want to help everyone feel better, but this is such an important issue to remember.
- 15:09:59 From Shannon Yewell Weil : I'm so happy to see/meet so many new people in these sessions. Always welcome, we want to hear from you.
- 15:10:04 From Françoise from France : What a wonderful dance of Life.... Thank you Linda.
- 15:10:07 From Catherine Seale : Catherine Seale Today I really got to understand the lines you speak of plus the differentiation
- 15:10:19 From ruth evans : Ruth Evans trust my intuition
- 15:10:30 From Lyn Caswell : Thank-you so much to all. This sharing means so much to me.
- 15:10:41 From Teresa Cottarelli-Guenther : Thank you so much for this precious time TTouch for EVER
- 15:10:51 From Françoise : I understand more and more the power of the Hearth Hug. Thank you Linda.
- 15:10:59 From Liz Thompson : Liz Thompson I got connection, joy and inspiration thank you so much!
- 15:11:04 From Barb Grout: Bruce,Wi : The heart hug can send love to the dark places and light them up so they can begin to communicate again.❤️
- 15:11:10 From Pam Valencia : Thank you for the gift

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- 15:11:23 From Pam Beets : Thank you Linda, Kirsten, Shannon & Sage
- 15:11:24 From Carolyn Nyland : Carolyn Nyland - Feeling very relaxed!
- 15:11:27 From Eleanor Chan : Thank you. I feel quite a bit of contractions and discomfort released from my trunk.
- 15:11:58 From Sarah Hauser : thank you. sarah hauser, new ways to help myself, my loved ones and clients. also thinking about how some of the new concepts i learned can apply to the animals too💕
- 15:12:14 From Joy Morris : Feel so peaceful - thank you !
- 15:12:37 From donna shugrue : The sessions are helping e learn to love myself.
- 15:12:42 From Alpha Harper to Kirsten (Privately) : I was touched when clasping my own hands together I drew closer to my husband who is on Oahu . I recognize that I am missing holding his hand it draws us closer, we talk every day. he is in school full time. Mahalo, Aloha
- 15:13:11 From Denise Müller : good night and thank you - heart hugs and much love
- 15:14:52 From Catherine Seale : I joined the TT4U as a gift to myself and I see how on the mind map that was shared today how it connects to my relationships. As a single mother of two boys I owe it to them as much as myself to meet my best potential. All the wonderful possibilities of all these wonderful cellular wisdom. I also am very excited about my feet. They didn't hurt but were grey with light as were my legs. Now they are full of light and energy. Thank you